

Appl. No. 09/598,110  
Amdt. dated July 18, 2006  
Reply to Office action of 04/18/06

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (cancelled)
2. (cancelled)
3. (cancelled)
4. (cancelled)
5. (cancelled)
6. (currently amended) A sport specific training and conditioning device for a sport using a handle implement having a grip portion, the device comprising a handle shaped like the grip portion of the implement, the handle having first and second ends, and the device consisting essentially of an undefeatable weight positioned at the second end of the handle while the first end of the handle remains weight free, the center of mass of the device being stationary positioned within the undefeatable weight and being less than about 13 inches from the first end of the handle, and wherein the device weighs more than the hand held implement used in the sport such that the positioning of the undefeatable weight and the positioning of the center of mass direct is configured to direct the effect of the undefeatable weight in a concentrated manner to the forearms of the user.

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7. (cancelled)
8. (cancelled)
9. (cancelled)
10. (cancelled)
11. (cancelled)
12. (cancelled)
13. (cancelled)
14. (cancelled)
15. (cancelled)
16. (cancelled)
17. (cancelled)